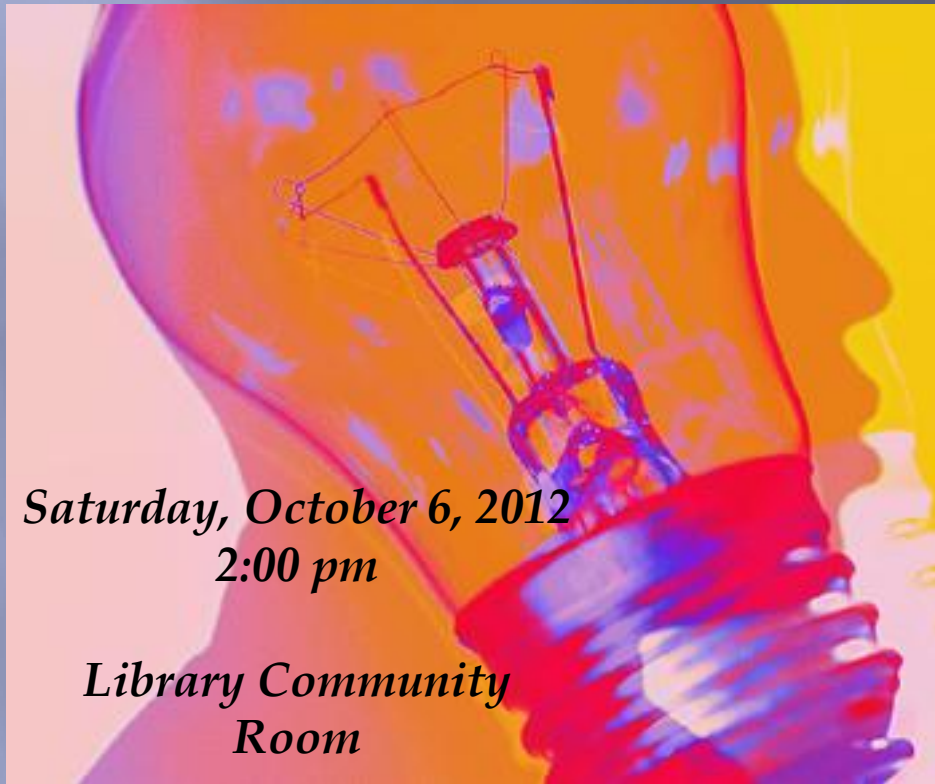


ARTS AND CREATIVITY AS TOOLS FOR STRESS REDUCTION

ELENA KOZLOVA, PHD



*Saturday, October 6, 2012
2:00 pm*

*Library Community
Room*

Every person is innately creative, but we get too busy with our adult lives to stop and tap into creativity, something that was freely available to us as children.

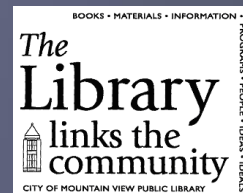
Join Elena Kozlova, PhD, to explore how creativity leads to stress reduction and fuller enjoyment of life.

Elena Kozlova, PhD, is a psychotherapist who specializes in expressive art therapy and works with children and adults by utilizing a broad spectrum of art- and play- based techniques.

Mountain View Public Library | 585 Franklin St. Mountain View, CA 94041
650-903-6896 | Mountainview.gov/library

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Free! No RSVP**

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